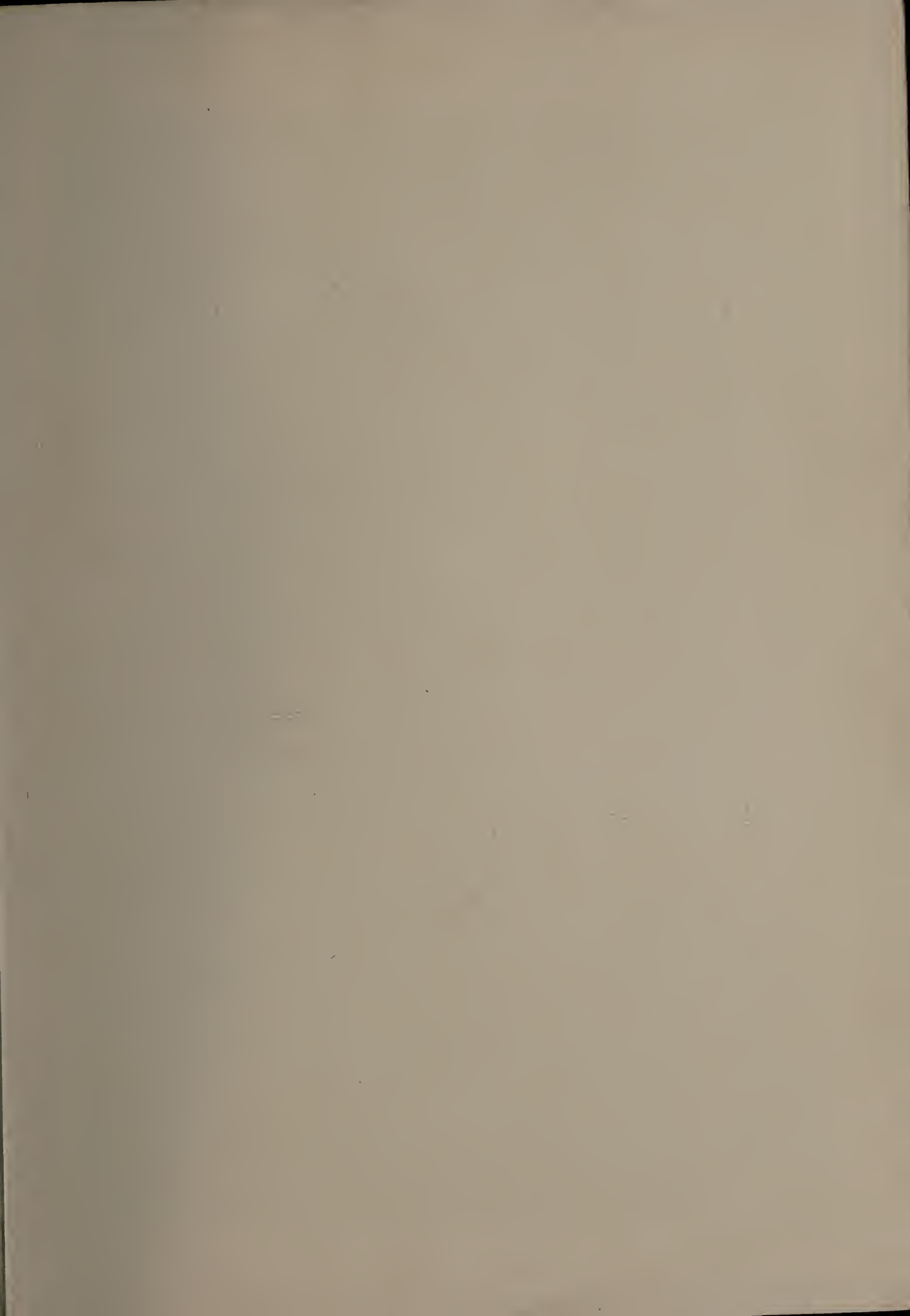
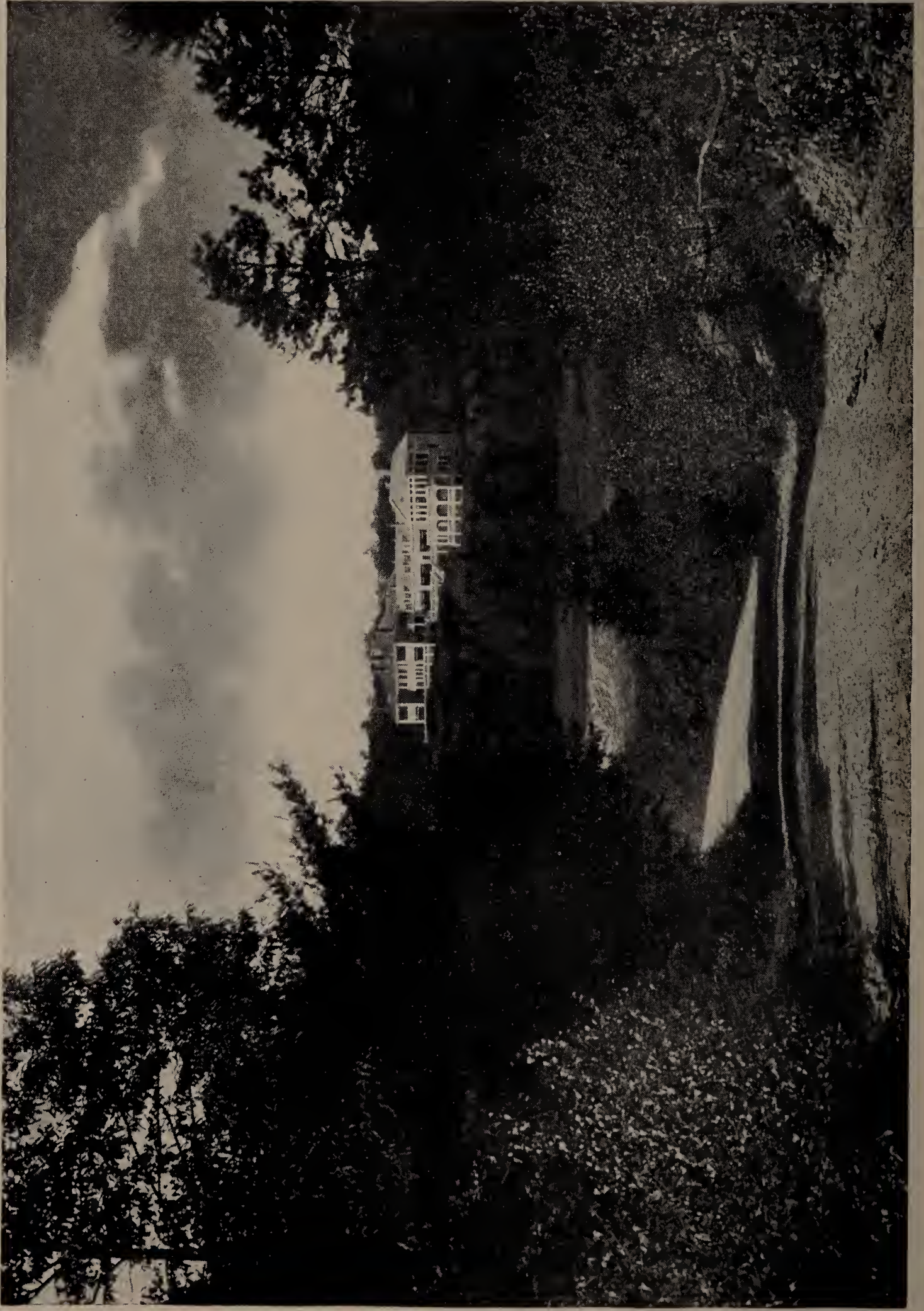


Sharon Sanatorium



Thirteenth Annual Report
of the
Sharon Sanatorium
SHARON, MASS.





THE SHARON SANATORIUM FROM THE SOUTH-EAST.

THIRTEENTH ANNUAL REPORT
OF THE
SHARON SANATORIUM
FOR
PULMONARY DISEASES

SHARON, MASS.
MARCH, 1904

INCORPORATED MARCH, 1891

BOSTON
GEO. H. ELLIS CO., 272 CONGRESS STREET
1904

OBJECT OF THE SHARON SANATORIUM.

TO supply a suitable institution for the treatment of *incipient* pulmonary diseases only, arising in women who are unable, for pecuniary and other reasons, to seek distant health resorts. Only patients who are of limited means are received, and no far advanced cases are admitted.

Price of board, \$5.00 per week, exclusive of washing. The services of the Medical Directors and medicines are given free of charge.

Visiting hours { from March 1 to November 1, 3 to 5 P.M.;
 { from November 1 to March 1, 1 to 3 P.M.

Visitors are kindly requested to adhere to these hours.

Applications must be made to the Superintendent, Sharon, Mass.



THE SHARON SANATORIUM FROM THE SOUTH-WEST.

OFFICERS OF THE SHARON SANATORIUM.

Board of Directors.

Prof. WILLIAM T. SEDGWICK, *President.*

N. H. STONE, *Treasurer.*

614 Sears Building, Boston.

Mrs. CHARLES A. PORTER, *Secretary.*

AUGUSTUS HEMENWAY.

Rev. EDMUND F. MERRIAM.

ARTHUR DEHON HILL.

Mrs. HENRY P. KING.

Mrs. W. T. SEDGWICK.

VINCENT Y. BOWDITCH, M.D.

ROBERT W. LOVETT, M.D.

L. VERNON BRIGGS, M.D.

Medical Director.

VINCENT Y. BOWDITCH, M.D.

Consulting Physician.

FREDERICK I. KNIGHT, M.D.

Resident Physician.

WALTER A. GRIFFIN, M.D.

Matron and Superintendent.

Miss ALICE R. HODGES.

AUXILIARY COMMITTEE.

Mrs. E. F. BOWDITCH, <i>President.</i>	Mrs. CHARLES A. PORTER, <i>Sec'y.</i>
Mrs. ALFRED R. WELD.	Mrs. CHARLES S. HAMLIN.
Mrs. ROBERT M. MORSE.	Mrs. PAUL R. FROTHINGHAM.
Mrs. ROBERT F. PERKINS.	Mrs. E. AMORY CODMAN.
Miss M. A. YARDLEY.	Mr. HERBERT JAQUES.
Mrs. EUGENE A. CROCKETT.	Dr. WALTER C. BAILEY.
Mr. JOSEPH LINDON SMITH.	



THE PARLORS.



THE DINING-ROOM.

**All gifts of money may be sent to the
Treasurer,**

Mr. N. H. STONE,

614 Sears Building, Boston.



DIRECTORS' REPORT.

WITH the appearance of the thirteenth report a change in the name of the institution will be noticed in accordance with the decision of the corporation at the last annual meeting, when it was voted that the word "Sanitarium" should be altered for the sake of greater uniformity to the more modern and now almost universal term "Sanatorium." This decision was made, moreover, because the word "Sanatorium" from its Latin derivation (*sanare*, "to heal") expresses better than the original name the nature of institutions intended for the treatment of incipient pulmonary disease.

During the past year additional evidence has been given of the wide-spread interest in the Sanatorium from the fact that two well-known periodicals, the *Review of Reviews* and the *Outlook*, have published illustrated descriptions of the methods pursued at Sharon; and still another article is shortly to appear in *Everybody's Magazine*. Letters are frequently received from all parts of the United States, asking for information and expressing great interest; and even in European journals mention has been made of the work being done at Sharon.

It would seem hardly necessary to call attention to the fact of the now universal enthusiasm in the work of diminishing the ravages of tuberculosis. With the knowledge, however, that the disease is communicable under certain conditions, the difficulty of obtaining suitable accommodations for consumptives in boarding-houses is becoming daily

more apparent. Consequently, the necessity for properly regulated sanatoria for such cases becomes with each year more pressing.

Of even greater importance than the benefit given to the individual in the Sanatorium is the educational effect upon the community, each patient acting as a missionary to family and friends to teach the importance of fresh air and food for the prevention as well as the cure of disease. Of the truth of this statement frequent and striking proofs have been received during the past few years.

The number of applications during the year has far exceeded the capacity of the institution ; and, although many of those who apply are past the stage which makes them suitable cases for treatment at Sharon, yet there are many of a more favorable nature who have to be turned away or asked to wait because of lack of room.

One of the most gratifying features has been the subsequent histories, recently published, of seventy-nine cases who, from the opening of the institution in February, 1891, up to two years ago, were discharged with the disease arrested. Of these at last accounts only 15 per cent. had relapsed and died, the cause of death in the majority of cases having been either a return, against advice, to unhealthy methods of life or from the fact that the disease, when first discovered, had advanced too far to hope for permanent cure and in which an arrest of disease was unexpected.

The majority of all the others have been engaged in active work, and write enthusiastically of their condition and of their pleasant memories of the Sanatorium. The following extract from a letter written by a former patient who recovered her health is typical of the feeling which former patients express: "The Sanatorium is a place which will always call forth my deepest love and appreciation ; for it

was here that I, as well as many of my friends, recovered that greatest of blessings, health. Will you kindly accept the enclosed money order for the benefit of the dear old Sanatorium?" This is one of many similarly expressed letters received from former patients.

The greater cost of living has made a large inroad upon the treasury. To increase the price of board to partially meet this deficiency has not been thought wise, for it would defeat the object of the institution, which is intended for people of limited means only. Our Superintendent, Miss Hodges, has succeeded, however, in developing the resources of the farm land so well that a large saving has been made in the expenditures for vegetables and hay. In spite of this saving, however, we need generous assistance. Money is earnestly solicited for the following purposes : —

1. An endowment fund of at least \$200,000.
2. A fund for a scientific laboratory.
3. Donations to meet current expenses and necessary outlays for repairs, etc.
4. A fund to assist worthy people who are unable to pay the present price of board.

An endeavor is now being made also by members of our Auxiliary Committee to increase the number of Annual Subscribers. Annual donations even of small sums will be most gratefully received.

Donations of old cotton and linen are always acceptable.

In offering their sincere thanks to the many friends who have assisted them in the work during the past year, especially the newspaper press of Boston and the *Sharon Advocate*, the Directors express the hope that the increasing needs of the institution will be met by a generous response from the public.

THE DIRECTORS.

MEDICAL REPORT.

Full capacity of the Sanatorium	21
Number of patients entered since March 1, 1903 . . .	46
Number of patients discharged during the year . . .	46

Of those discharged, four remained less than one month, and are, therefore, not considered.

The following table shows the condition of the patients at entrance and the result of treatment : —

	Incipient.	Advanced.	Suspected Phthisis.	Totals.	Percentages.
Arrested	17	6		23	54 +
Improved	4	8	1	13	31 —
Not improved		4		4	9 .
Apparently well . . . (Doubtful Phthisis)			2	2	5 —
Totals	21	18	3	42	

In strict fairness to the above tables, it should be stated that the three cases of suspected phthisis showed such suspicious symptoms of beginning pulmonary trouble that they



THE SUN-BATH (WINTER).

might have been classed with those having definite proof of disease. Inasmuch as special tests were not possible in these cases, however, they have been put in the category of doubtful cases.

The percentage of arrested and improved cases naturally varies from year to year somewhat, according to the condition of patients upon entrance.

The results every year, however, point to the wisdom of taking cases for treatment as early in the course of disease as possible.

In making these statements, practically the same terms are used as heretofore. By "incipient" is meant cases in which the physical signs, such as changes in percussion or respiration, possibly a few rales, are confined to small areas, usually in one or both apices of the lungs, and in which only slight constitutional signs, such as fever, indigestion, or loss of strength, are present.

The term "advanced" is applied to all cases in which the symptoms and signs in the chest are beyond the incipient stages. Far-advanced cases, in which the pulmonary and general symptoms point to a practically hopeless condition, are not received.

The term "arrested" is applied to all cases, with very rare exceptions, in which cough and fever have disappeared when the sputa, if present, show an absence of bacilli, the general symptoms and appearance being those of health, when they leave the Sanatorium.

The term "cured" is not used until many months after the disappearance of all active symptoms, and when the patient has returned to ordinary conditions of life. Many of those discharged as "arrested," however, would, from their general condition, be with justice classed under the more favorable term.

Among the "arrested" cases (23),

The number who had bacilli in their sputa was	6
The number who had a positive tuberculin reaction was	3
The number who had physical evidences of incipient tubercular disease in the chest without sputum, or in which the sputum did not contain bacilli, was	14
	<hr/> 23

One of these latter afterwards developed several months later rapidly advancing signs, and had tubercle bacilli in the sputum. Four gave a history of hemoptysis. Two had had pleurisy with effusion.

Average stay of all cases	3.1 months
Longest stay of "arrested" cases	8.3 "
Shortest stay of "arrested" cases	1.2 "
Average stay of "arrested" cases	4.5 "
Average gain in weight of all cases	9.9 pounds
Average gain in weight of "arrested" cases	14.9 "
Average gain in weight of "improved" cases	10.9 "
Average age of "arrested" cases.	29.9 years
Average age of all cases	28 "

In stating the shortest stay of an "arrested" case as a little more than one month, it should be remembered that no claim is made other than that all active symptoms had ceased almost immediately after entrance. The patient left, however, contrary to advice, even though there was outwardly an apparent condition of good health.

Of the 21 cases still in the Sanatorium, the disease is in a state of arrest in 8, and 10 are improved. 3 have been in the institution too short a time to warrant any conclusions being drawn regarding their condition. Tubercle bacilli have been found in 13. One has had a positive tuberculin reaction. One has had tuberculosis of the knee, while in 6 the



THE
CAMP IN
SUMMER



THE
CAMP IN
WINTER



INFIRMARY

MATRON'S COTTAGE
WITH SUBWAY CONNECTION

SANITARIUM

physical examination alone and the history warranted making a diagnosis of tuberculosis.

Favorable reports are still received from the majority of the patients who were formerly in the Sanatorium and discharged as "arrested cases." Some of these patients left Sharon nearly twelve years ago, and have been well ever since, leading active lives.

We are indebted again to Dr. Sarah E. Bond and Dr. Walter C. Bailey, who have rendered kindly assistance during the year.

We add our earnest appeal to that of the Directors for financial aid in supporting and increasing the work of the Sanatorium.

VINCENT Y. BOWDITCH, M.D.,
Medical Director.

WALTER A. GRIFFIN, M.D.,
Resident Physician.

TREASURER'S REPORT

From March 1, 1903, to March 1, 1904.

Cash on hand March 1, 1903	\$4,917.27
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RECEIPTS.

From the following:—

Donations, including bequests of Lucy R. Read of \$5,000 and Robert C. Billings of \$10,000 and gift from Thomas Wigglesworth of 20 shares Northern R.R. Co., valued at \$3,000	\$20,543.55
Annual subscriptions	3,034.00
Interest, including dividend on 20 shares Northern R.R. Co.	449.36
Board of patients at Sanatorium	4,882.31
and for articles supplied and sold to patients at the Sanatorium:	
Medical supplies	\$93.23
Dry goods and sundries	36.03
	129.26
Total receipts	29,038.48

\$33,955.75

PAYMENTS.

For the following:—

Salaries of Matron and Physician	\$1,335.00
Nurses	721.80
Wages	2,692.13
Labor	239.61
Laundry	59.04
Meats	2,152.93
Fish	226.53
Groceries	742.17
Butter	431.14
Vegetables	199.07
Fruit	373.39
	\$9,172.81
Carried forward	\$33,955.75

<i>Brought forward</i>	\$9,172.81	\$33,955.75
Milk	1,139.62	
Eggs	529.22	
Ice	120.94	
Stable expenses	406.46	
Expenses on grounds	60.69	
Expenses on garden	41.21	
Express and freight	275.62	
Railroad fares	204.25	
Fuel	1,670.23	
Lighting	370.04	
Carpenter's work	530.24	
Painting	296.60	
Engine repairs and renewals	244.90	
Medical supplies	463.54	
Printing	81.36	
Stationery and postage	118.33	
Heating plant, repairs	29.20	
Furnishings	820.04	
Civil Engineer, E. W. Bowditch	43.11	
Plumbing	91.48	
Insurance	45.88	
Telephone, rent and tolls	145.50	
Sharon Fire Department, for pumping water to tanks after fire	23.50	
Cesspool	16.49	
Sundries	380.51	
Total payments		17,321.77
Leaving surplus for year of		\$16,633.98
From which have been made the following investments now on hand :		
20 shares Northern R.R. Co.	3,000.00	
\$11,000 joint 4 per cent. bonds of Northern Pacific R.R. Co. and Great Northern Ry. Co., C., B. & Q. Collateral	10,196.25	
		13,196.25
Leaving cash balance on hand of		\$3,437.73

Cash on deposit	\$3,185.53
Cash in hands of Treasurer	220.00
Cash in hands of Matron	32.20
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	\$3,437.73
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NATHANIEL H. STONE, *Treasurer.*

We hereby certify that we have examined the accounts of the Treasurer of the Sharon Sanatorium, together with the vouchers, and find everything correct, and the securities and cash on hand are intact.

ALICE S. KING, }
L. VERNON BRIGGS, } *Auditing Committee.*

DONATIONS

From March 1, 1903, to March 1, 1904.

Miss Theodora Cabot	\$3.00
Mr. Thomas L. Livermore	100.00
Bequest of Robert C. Billings	10,000.00
Bequest of Mrs. Lucy R. Read	5,000.00
Proceeds of "Minstrel Show"	480.55
Mrs. William Binney	10.00
Miss Sarah M. Fay	10.00
Miss Emily E. Shepard	10.00
"G"	10.00
Mrs. E. M. Marsh	2.00
Mr. Arthur T. Lyman	50.00
Mrs. Thomas M. Brewer	10.00
Mr. F. H. Peabody	25.00
Mr. L. Carteret Fenno	50.00
Mr. Edward W. Forbes	10.00
Mrs. H. P. Kidder	20.00
Mr. Thomas Wigglesworth 20 shares, Northern R.R. Co. .	3,000.00
Miss Deborah Van Noorden	5.00
Mr. T. J. Curtis	25.00
Mr. Augustus Hemenway	500.00
Miss A. H. Jones	25.00
Christmas letter-box	100.00
Dr. Enos H. Bigelow	15.00
Miss A. R. Keese	7.00
Miss H. L. Jaques	25.00
Mr. Francis Bartlett	25.00
Mrs. R. G. Shaw	200.00
Mr. James B. Case	25.00
Dr. F. I. Knight	10.00
<i>Carried forward</i>	\$19,752.55

<i>Brought forward</i>	\$19,752.55
Mrs. W. L. Parker	10.00
Mrs. E. M. Cary	100.00
Mrs. J. C. Phillips	50.00
" P. C. H."	5.00
Mr. Charles Thorndike	10.00
Miss Laura Slocum	50.00
" Former patient "	1.00
Mrs. E. Batelle	5.00
Mr. Francis Briggs	500.00
Miss Clara Endicott	25.00
Mrs. J. B. Ayer	10.00
Mrs. J. B. Millet	5.00
Mr. R. S. Peabody	20.00
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	\$20,543.55

ANNUAL SUBSCRIBERS

From March 1, 1903, to March 1, 1904.

Miss M. S. Ames	\$50.00
Miss A. R. Anthony	25.00
Mrs. William Appleton	100.00
Miss E. H. Bailey	5.00
Dr. Walter Jarvis Barlow	5.00
Mrs. J. M. Barnard	10.00
Mr. C. S. Bird	10.00
Mr. George Baty Blake	100.00
Mrs. S. P. Blake	10.00
Mr. William Bliss	100.00
Miss Charlotte Bowditch	10.00
Mrs. E. F. Bowditch	5.00
Miss O. Y. Bowditch	5.00
Mrs. T. J. Bowlker	20.00
Mrs. William Brewster	5.00
Mrs. Lloyd Briggs	5.00
Dr. L. Vernon Briggs	10.00
Miss Velma Briggs	2.00
Mrs. Louis Cabot	50.00
Mrs. Edward M. Cary	100.00
Mrs. H. B. Chapin	5.00
Mrs. Arthur Cheney	5.00
Mrs. Charles P. Cheney	150.00
Miss Eliza C. Cleveland	5.00
Mr. Alexander Cochrane	100.00
Miss S. H. Crocker	10.00
Mrs. E. A. Crockett	5.00
Miss A. M. Curtis	10.00
Mr. Charles P. Curtis	100.00
Mrs. J. W. Elliot	10.00
Miss Helen P. Emmons	3.00
Mr. Alexander Forbes	100.00
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<i>Carried forward</i>	<i>\$1,130.00</i>

<i>Brought forward</i>	\$1,130.00
Mrs. J. Malcolm Forbes	10.00
Mrs. J. Murray Forbes	25.00
Mr. Waldo E. Forbes	100.00
Mrs. W. H. Forbes	100.00
"Friend"	50.00
"Friend" (S. G. A.)	3.00
Mr. Edward Frothingham	10.00
Mrs. K. M. Gilmore	5.00
Dr. and Mrs. J. E. Goldthwait	25.00
Mrs. B. F. Goodrich	50.00
Mr. Reginald Gray	10.00
Mrs. F. B. Greene	10.00
Miss Hammond	5.00
Mr. Charles Head	25.00
Mr. Augustus Hemenway	200.00
Mr. John Hogg	100.00
Miss S. H. Hooker	2.00
Mrs. Robert C. Hooper	100.00
Miss E. W. Howard	3.00
Mrs. A. M. Howe	5.00
Mr. F. W. Hunnewell	100.00
Miss Helen L. Jaques	10.00
Mrs. Pierre Jay	5.00
Miss Amelia H. Jones	10.00
Mrs. E. C. Jones	10.00
Miss C. S. Keith	10.00
Mrs. Henry P. King	100.00
Mrs. H. A. Lamb	25.00
Dr. and Mrs. Walter A. Lane	10.00
Mr. Elliot C. Lee	50.00
Mrs. George C. Lee	5.00
Miss Amy Lowell	20.00
Mr. A. Lawrence Lowell	20.00
Mr. Percival Lowell	20.00
Mr. Arthur T. Lyman	50.00
Miss McDonald	100.00
Mr. Charles Merriam	50.00
<i>Carried forward</i>	<u>\$2,563.00</u>

<i>Brought forward</i>	\$2,563.00
Miss Frances R. Morse	10.00
Mrs. S. T. Morse	10.00
Miss A. F. Odin	5.00
Mrs. William Osler	5.00
Miss Grace S. Parker	5.00
Miss Lucy Parsons	5.00
Miss Mary R. Peabody	2.00
Mrs. S. Endicott Peabody	10.00
Mr. Edward C. Perkins	10.00
Mrs. E. S. Philbrick	5.00
Mrs. Dean Pierce	5.00
Mrs. W. L. Putnam	20.00
Mr. Edward Robinson	10.00
Mr. William B. Rogers	100.00
Mrs. John E. Russell	25.00
Mr. Herbert M. Sears	100.00
Mrs. K. W. Sears	25.00
Mrs. W. T. Sedgwick	10.00
Mr. Francis Shaw	10.00
Mrs. G. H. Shaw	20.00
Mrs. R. G. Shaw	20.00
Mr. A. B. Silsbee	10.00
Mrs. M. D. Spaulding	100.00
Mr. N. H. Stone	25.00
Mrs. Richard Stone	25.00
The Misses Storer	10.00
Mrs. A. Strong	100.00
Mr. E. Van R. Thayer	100.00
Mrs. N. Thayer	100.00
Mr. W. A. Tower	100.00
Mrs. William Tudor	3.00
Miss Sarah E. Ward	5.00
Miss Cornelia Warren	10.00
Mr. S. D. Warren	50.00
Mrs. K. G. T. Webster	100.00
Mrs. M. C. Wheeler	5.00
Miss Amy White	5.00
Mrs. S. H. Winkley	10.00

\$3,733.00

The following names are of those who during the past year up to March 1 have either contributed various articles for the use of the Sanatorium or have otherwise kindly aided the institution : —

Rev. E. F. Merriam.	Edith M. Dow.
Miss L. R. Mansfield.	Marie E. Fraser.
F. W. Bird & Co.	Elizabeth S. Rutherford.
Mrs. M. M. McClure.	Margaret J. Lewis.
Mrs. O. B. Webber.	Margaret Lynch.
Dr. Field.	Elizabeth R. Brown.
Mrs. Bertram.	Mary Lynch.
Mrs. H. L. Chase.	Alice M. Wilson.
Mrs. George Everett.	Emma G. Eliot.
Mrs. M. L. Dewey.	Janet C. Barr.
Mrs. W. B. Potter.	Elizabeth M. Hill.
Mrs. Thomas Martin.	Alice Emerson.
Mr. Peter I. Roberts.	J. Kingston.
Mrs. Fred Whittemore.	Emma L. Soule.
Mrs. Anna Adams.	Jennie M. Keating.
Mrs. George Eaton.	Anna Turnbull.
Patients.	Mrs. A. J. Giberson.
Mrs. Daniel C. Remick.	Mrs. A. L. Johnson.
Mrs. George G. Hayward.	Leonora Buckley.
Mr. Benjamin Bliss.	Margaret Ryan.
Mr. Lewis H. Homer.	Dr. Hurty.
Mr. Fraser.	Dr. M. K. Rand.
Mr. Lawes.	Robie G. Frye.
Miss Olivia Bowditch.	Miss Frye.
Rev. Mr. Deming.	Mrs. Comins.
Friend.	Mrs. K. O. Tower.
Mr. Van Noorden.	Mrs. Gertrude Pease.
Mrs. Ralph Redfern.	Mrs. Kilby Page.
Elizabeth M. Doyle.	Miss Anderson.
Harriet M. Rhoades.	Mrs. Eliza Mills.
Georgie E. Crocker.	Mrs. Miles.
Frances M. Campbell.	B. F. Bliss.

FORM OF BEQUEST.

..... ofin

the County of..... and State of.....

give and bequeath unto the Sharon Sanatorium in Sharon, in the

State of Massachusetts, its successors and assigns, the sum of

..... dollars.

